

USDA Foods Fact Sheet for Schools & Child Nutrition Institutions

Visit us at www.fns.usda.gov/fdd

(last updated, 04-01-11)

100355 – POTATOES, FROZEN, IQF, WEDGES, 5 LB

CATEGORY	<ul style="list-style-type: none"> Vegetables/Fruits
PRODUCT DESCRIPTION	<ul style="list-style-type: none"> U. S. Grade A potato wedges prepared from mature, sound, russet potatoes, individually quick frozen (IQF). Potatoes may be water/oil blanched or water blanched (prebaked).
PACK/YIELD	<ul style="list-style-type: none"> 6/5 lb bags per case. One 5 lb bag AP yields about 14⁷/₈ cups baked potato wedges and provides about 59.5 ¼-cup servings baked vegetable. One lb AP yields 0.71 lb (about 2⁷/₈ cups) baked potato wedges and provides about 11.9 ¼-cup servings baked vegetable. CN Crediting: ¼ cup baked potato wedges provides ¼ cup vegetable.
STORAGE	<ul style="list-style-type: none"> Store frozen potato wedges in the original shipping containers in the freezer at 0 °F or below, off the floor, and away from walls to allow for circulation of cold air. Temperature changes shorten shelf life and speed deterioration. Rotate use to avoid development of ice crystals and off-flavors. Handle carefully to avoid excessive product breakage. Use First-In-First-Out (FIFO) storage practices to ensure use of older product first.
PREPARATION/ COOKING INSTRUCTIONS	<ul style="list-style-type: none"> Keep potatoes frozen until ready to use. Spread the potatoes in a single layer on a sheet pan to permit sufficient air flow and speed cooking time. Crowding wedges in the pan may result in soggy potatoes.



Vegetable Group

Vary your veggies

MyPyramid.gov

Nutrition Information

Potato wedges, frozen

	¼ cup (38 g)	½ cup (76 g)
Calories	47	94
Protein	1.03 g	2.06 g
Carbohydrate	9.69 g	19.38 g
Dietary Fiber	0.8 g	1.6 g
Sugars	0.11 g	0.22 g
Total Fat	0.84 g	1.68 g
Saturated Fat	0.21 g	0.42 g
Trans Fat	0 g	0 g
Cholesterol	0 mg	0 mg
Iron	0.27 mg	0.54 mg
Calcium	6 mg	12 mg
Sodium	19 mg	38 mg
Magnesium	7 mg	14 mg
Potassium	150 mg	300 mg
Vitamin A	0 IU	0 IU
Vitamin A	0 RAE	0 RAE
Vitamin C	4.3 mg	8.6 mg
Vitamin E	N/A	N/A



USDA Foods Fact Sheet for Schools & Child Nutrition Institutions

Visit us at www.fns.usda.gov/fdd

(last updated, 04-01-11)

100355 – POTATOES, FROZEN, IQF, WEDGES, 5 LB

PREPARATION/ COOKING INSTRUCTIONS (cont'd)	<ul style="list-style-type: none">• Cooking times are based on a full oven load, potatoes spread one layer deep:<ul style="list-style-type: none">– Conventional oven at 475 °F for about 25 to 30 minutes; OR,– Convection oven at 450 °F for about 15 minutes.• Heat to desired golden brown and crisp. SERVE IMMEDIATELY.
USES AND TIPS	<ul style="list-style-type: none">• Potato wedges contain significantly less fat than French fried potatoes and are an excellent alternative to these products.
FOOD SAFETY INFORMATION	<ul style="list-style-type: none">• Cook frozen fruits and vegetables that are going to be held on a steam table or in a hot box to 135 °F for 15 seconds.• Do not refreeze potatoes.
BEST IF USED BY GUIDANCE	<ul style="list-style-type: none">• For guidance on how to effectively manage, store, and maintain USDA Foods, please visit the FDD Website at: http://www.fns.usda.gov/fdd/facts/biubguidance.htm.• For additional information on product dating, go to page 6 of <i>Choice Plus Food Safety Supplement</i> at: http://nfsmi-web01.nfsmi.olemiss.edu/documentlibraryfiles/PDF/20080206043207.pdf.

USDA Nondiscrimination Statement: "The U.S. Department of Agriculture (USDA) prohibits discrimination in all its programs and activities on the basis of race, color, national origin, sex, religion, age, disability, political beliefs, sexual orientation, and marital or family status. (Not all prohibited bases apply to all programs.) Persons with disabilities who require alternative means for communication of program information (Braille, large print, audiotope, etc.) should contact USDA's TARGET Center at (202) 720-2600 (voice and TDD). To file a complaint of discrimination write USDA, Director, Office of Civil Rights, Room 326-W, Whitten Building, 14th and Independence Avenue, SW, Washington, DC 20250-9410 or call (202) 720-5964 (voice or TDD). USDA is an equal opportunity provider and employer."